

**WIND RIVER
DIABETES COALITION**



Wind River Diabetes Coalition

1st Annual

“Empowering Our Community to Live A Healthy Lifestyle” Conference

FRIDAY, NOVEMBER 20, 2009

BEST WESTERN INN, LANDER WY

9:00AM -5:00PM

- **Keynote Speakers: Pam Belgarde & Drew LaCapa**
- **Rez-Robics Workshop:** fun, culturally relevant option to promote physical activity. Created with the average “Couch-Potato Skin” in mind, Rez-Robics incorporates Indian humor, culture and music into an exercise program. Pam Belgarde and Drew LaCapa lead Rez-Robics workshop participants through multiple choreographed segments that are gentle and low impact. Based on pow-wow dance steps, basic martial arts moves and set to contemporary Native music, Rez-Robics is a good time!
- **Nutrition Workshop:** Kibbe Conti is a member of the Oglala, Lakota tribe from Pine Ridge, South Dakota. She has worked in Indian Country for ten years as a Nutritionist and Dietitian, with the Indian Health Service in Pine Ridge and with Urban Indian Health in Denver, Colorado. She operates her own nutrition consulting business, Northern Plains Nutrition Consulting.
- **Pharmacy Panel:** Have questions on your medications? This is time to have those questions answered.
- **Holistic Health Workshop:** Dr. Walt Conard & Dolores Jimerson will present on Holistic Health.
- **Storytelling:** Come listen to successful and amazing stories of real people coping with their health issues.
- **Panel of Health Professionals:** Physician, Pharmacist, Podiatrist, Behavioral Psychologist moderated by Dr. Glen Revere of Indian Health Service

Registration

(Please Print)	
Name:	
Street Address:	
City, State, Zip:	
Phone:	Email:

Please Fax Completed Form to Eastern Shoshone Tribal Health 307-332-0458 or email to hspoon@washakie.net